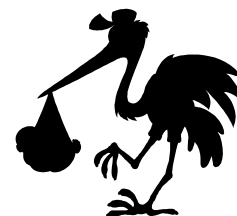




GALLATIN CITY-COUNTY HEALTH DEPARTMENT GROWTH & DEVELOPMENT



BIRTH TO 1 MONTH

WHAT TO EXPECT	HOW YOU CAN HELP
MOTOR	MOTOR
<ul style="list-style-type: none"> Draws attention by crying Different cries mean different things Startles to loud sounds Right and left sides move equally Raises head slightly while on stomach Likes to watch faces, bright patterns & brightly colored objects Can see best 8-12 inches away 	<ul style="list-style-type: none"> Provide opportunities for your baby to watch what is going on around her. Respond to baby's crying promptly & identify needs. Is your baby wet, hungry, in pain, lonely? Hang brightly colored objects or mobiles for baby to look at. Holding, touching, talking, singing & cuddling your baby frequently will actually help promote brain growth. You cannot spoil an infant!
SLEEP	SLEEP
<ul style="list-style-type: none"> Newborns may sleep 16-17 hours a day, often in 2-4 hour stretches between feedings. 	<ul style="list-style-type: none"> Help baby learn to sleep more at night by keeping nighttime feedings & diaper changes quiet & uneventful. Place baby to sleep on back on firm surface with no pillows or stuffed animals.
FEEDING & GROWTH	
<p>Newborns need to eat 8-12 times in 24 hours. Breastfed babies usually nurse every 1- 3 hours. Formula fed babies take about 2-3 oz. of formula every 3-4 hours. Newborns should not go more than 5 hours between feedings. Contact your baby's health care provider if you have concerns or questions about your baby's feeding schedule or weight gain.</p>	
IMMUNIZATIONS	
<p style="text-align: center;">Baby will need immunizations at 2 months – Polio (IPV), Diphtheria, Tetanus, Pertussis (DtaP), Haemophilus (Hib) and Hepatitis B(HepB)</p>	
SAFETY	
<ul style="list-style-type: none"> Use a correctly installed car safety seat <u>every time</u> baby rides in a car. Keep small or sharp objects, pillows & plastic bags away from your baby. Install & maintain smoke & carbon monoxide detectors in your home. NEVER shake your baby. NEVER leave your baby unattended around pets, young children or water. Avoid exposing baby to the sun. Make sure both you & your child care provider are instructed in infant/child CPR. Keep your baby's environment free from tobacco smoke or other smoke. Hot water tank temperature should be set at 120° to avoid accidental burns. Babies like bath water at body temperature. Test the water temperature with your wrist. Protect from falls, keep your hand on your baby at all times while he is on a high surface. 	

Date: _____

Next Visit: _____

Notes: